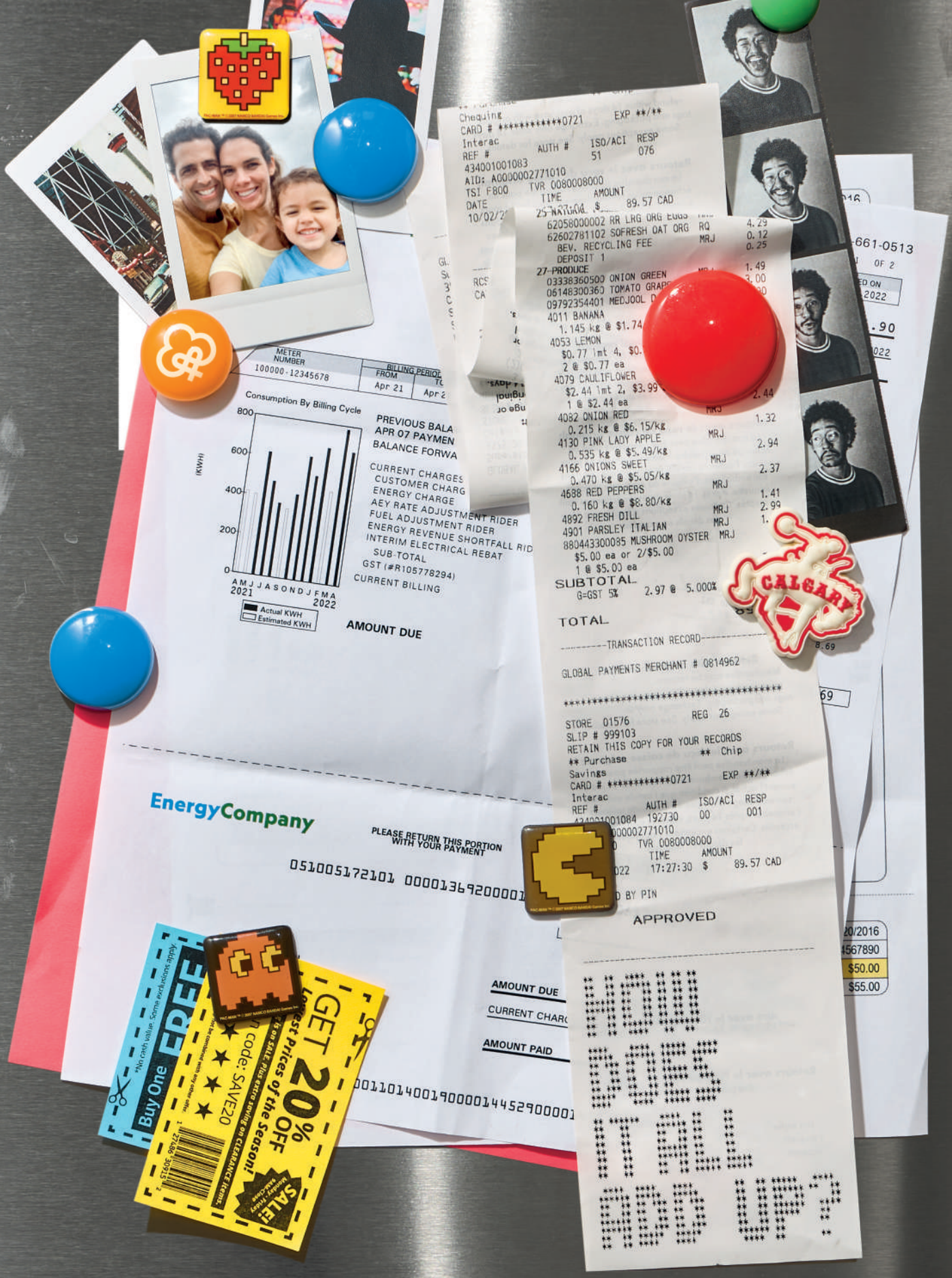


CALGARY FOUNDATION

CALGARY FOUNDATION
QUALITY OF LIFE REPORT 2022

IN THE SPIRIT OF RECONCILIATION, WE ACKNOWLEDGE THAT WE LIVE, WORK, AND PLAY ON THE TRADITIONAL TERRITORIES OF THE BLACKFOOT CONFEDERACY (SIKSIKA, KAINAI, PIIKANI), THE TSUUT'INA, THE ÎYÂXE NAKODA NATIONS, THE MÉTIS NATION OF REGION 3 AND ALL PEOPLE WHO MAKE THEIR HOMES IN THE TREATY 7 REGION OF SOUTHERN ALBERTA.

CEO'S MESSAGE 02.00
INTRODUCTION 03.00

HEALTH & WELLNESS 05.00
WORK & EMPLOYMENT 07.00
POVERTY 09.00
GIVING 11.00
SAFETY 13.00
DIVERSITY, EQUITY & INCLUSION 15.00
MENTAL HEALTH 17.00
ON THE BRIGHT SIDE! 19.00

SURVEY METHODOLOGY 21.00
ABOUT CALGARY FOUNDATION 22.00

A MESSAGE FROM OUR CEO

64%

of Calgarians are happy with their quality of life, which was the same in 2021.

This jumps to **74%** for 18-24 year olds and drops to **51%** for 45-54 year olds.

80%

of Calgarians report a healthy sense of belonging.

The full scope of the changes we've experienced over the past two years is striking. In learning to keep both our distance and our values, we've found new and creative ways to care for each other.

Calgarians who feel a healthy sense of belonging fare better in every category of this year's Quality of Life report. They're significantly more confident about being able to meet their basic financial needs. Their homes are more often stocked with healthy food, and their time is volunteered more generously. And they feel less stressed. Likely because many hands make a load lighter.

Even as our loads are getting heavier.

With rising inflation, Calgarians are feeling the weight of a higher cost of living. Across the board, we're faced with the choice to reduce our consumption or pay more for our everyday goods. Much more.

What do these huge cost increases mean for our living standards, and what do they mean for those already living below the poverty line?

Calgary Foundation produces this report annually to connect Calgarians through an understanding of the challenges we share. It holds the unique perspectives and lived experiences of one thousand people that call our city home. They are your family, friends and colleagues. They pour your coffee and pump your gas. Let's ensure everyone feels they belong in this very special place we call home.

We are united by resilience, looking out for our neighbours, and moving forward.

Sincerely,

Eva Friesen
President & CEO
Calgary Foundation

Over the Past YEAR The Price of FOOD Increased by 9.7%*

FRESH FRUIT +10%*

FRESH VEGETABLES UP 8.2%*

10%* MORE FOR MEAT

* STATISTICS CANADA 2022

21
PERCENT
CERTIFIED
ORGANIC

HEALTH WEIGHS HEAVY ON MANY OF OUR MINDS.

22% feel stress due to health.

15% of those aged 65+ feel stress due to health.

IT PAYS TO HAVE A HEALTHY SENSE OF BELONGING.

85% of those with a good sense of belonging can afford healthy food, compared to **63%** of those with a weak sense of belonging.

19% of those with a good sense of belonging feel stress due to health concerns, compared to **30%** with a weak sense of belonging.

HEALTHY FOOD IS EVEN HARDER TO AFFORD.

21% of us cannot afford healthy food.

This jumps to **31%** for 45-54 year olds.

WE'RE STRUGGLING TO GAIN WORK.

42% who did not complete high school cannot find suitable employment.

26% who have a university degree cannot find suitable employment.

39% of Calgarians had their hours reduced, or experienced temporary or permanent job loss, an *increase* from **37%** in 2021.

55% of 18-24 year olds had their hours reduced, or experienced temporary or permanent job loss, an *increase* from **51%** in 2021.

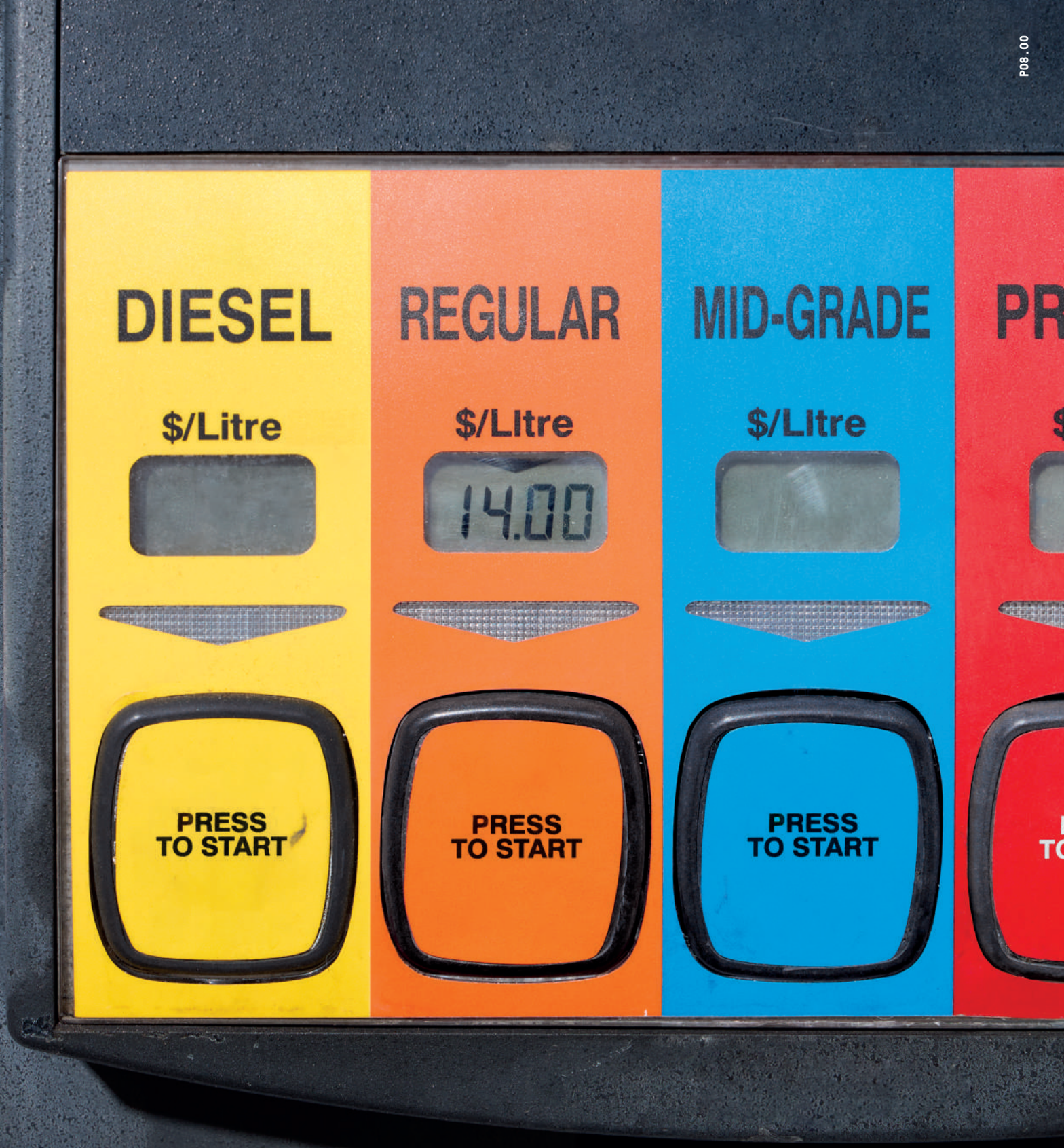
IF YOU'RE NOT EMPLOYED, LIFE IS ESPECIALLY DIFFICULT.

44% cannot afford childcare.
51% cannot afford rent.
32% cannot afford to meet basic needs.

IT'S HARD TO MAKE ENDS MEET AT MINIMUM WAGE.

85% believe that everyone is entitled to a living wage ($18.60/hour).

Current minimum wage is $15.00/hour.



GETTING TO WORK IS TRICKY.

14% of Calgarians can't access transportation to meet their daily needs.

BILLS ARE GOING UP, ALONG WITH OUR CONCERNS ABOUT POVERTY IN CALGARY.

79% are concerned about levels of poverty in Calgary.

19% are unable to meet basic financial needs.

DO GOLDEN YEARS STILL EXIST?

56% of 55-64 year olds can't save for the future.

THE VALUE OF A GOOD SENSE OF BELONGING.

86% of those with a good sense of belonging can meet basic financial needs, compared to **66%** of those with a weak sense of belonging.

32% of those with a good sense of belonging are stressed about finances, compared to **50%** of those with a weak sense of belonging.

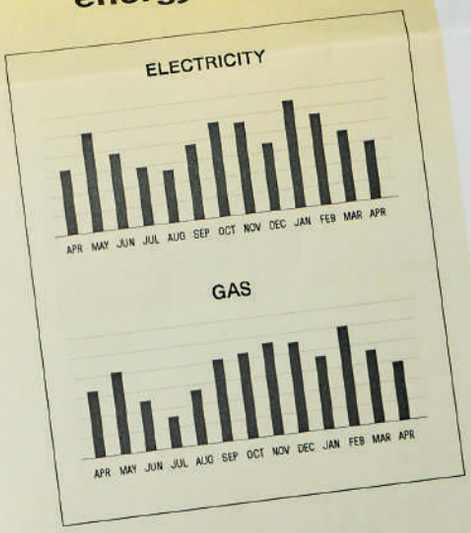
FINAL NOTICE

THIS IS THE LAST STATEMENT THAT WILL BE SENT TO YOU. IF NOT PAID WITHIN 3 DAYS, YOUR ACCOUNT MAY BE TURNED OVER FOR COLLECTION.

ACCOUNT NO:	STATEMENT PERIOD:	INVOICE ID:
0294944	04/21 - 04/22	276078517

DAYS	READINGS / CODES FROM		TO		DIFF (KWH)	METERING MULTIPLIER	ENERGY USED (KWH)	CHARGE DATE
365	4015	A	40830	E	674	x 1.00000 =	674.00	APR 2022

Your yearly energy usage



Housing is hard to afford, whether you are buying or renting.

	2022	2021
CALGARIANS LOOKING TO BUY A HOME BUT CAN'T AFFORD IT	40%	37%
CALGARIANS LOOKING TO RENT BUT CAN'T AFFORD IT	35%	27%

IF SENDING PAYMENT BY MAIL, INCLUDE THIS STUB IN ENVELOPE.

WE'RE SPENT!

PO Box 000
Calgary, AB T2G 5S9

CALGARIANS FEELING STRESS DUE TO FINANCES	36%
18–24 YEAR OLDS	44%
65+ YEAR OLDS	16%

5841694194///644848AB954592TGH

~~93%~~

2017

~~92%~~

2018

~~87%~~

2019 & 2020

~~80%~~

2021

79%

2022

WE HAVE LESS, WHICH MEANS WE HAVE LESS TO GIVE.

The number of Calgarians who have made a charitable donation is reducing year on year.

WE GIVE MORE WHEN WE FEEL A STRONG SENSE OF BELONGING TO CALGARY.

82% of those with a strong sense of belonging volunteered at least once in the past year, compared to **41%** of those with a weak sense of belonging.

94% of those with a strong sense of belonging donated at least once in the past year, compared to **69%** of those with a weak sense of belonging.

WE FEEL BETTER WHEN WE GIVE BACK.

88% of those who rated their quality of life as excellent made a charitable donation.

77% of those who rated their quality of life as excellent volunteered.

WHAT WE CAN'T GIVE IN DONATIONS, WE GIVE THROUGH OUR TIME.

67% of 18-24 year olds volunteered at least once in the past year.

41% of those aged 65+ volunteered at least once in the past year.

87% of Calgarians have helped a neighbour in the past year.

WE FEEL LESS SAFE IN OUR CITY STREETS.

WE DON'T ALWAYS FEEL SAFE IN OUR OWN HOMES.

38% of Calgarians are concerned about safety in their own homes.

WOMEN ARE ESPECIALLY CONCERNED.

75% of women are concerned about levels of domestic violence in our city, compared to **64%** of men.

WE DON'T ALWAYS FEEL SAFE IN OUR NEIGHBOURHOODS.

51% are concerned about safety in their neighbourhood, an *increase* from **45%** in 2021.

CONCERNS ABOUT SAFETY IN CALGARY INCREASE AS WE AGE.

18-24	**58%**
25-34	**67%**
35-54	**73%**
55+	**83%**

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57% of Calgarians are committed to anti-racism, diversity, equity and inclusion.

BUT FOR SOME OF US, OUR COMMITMENT IS WANING.

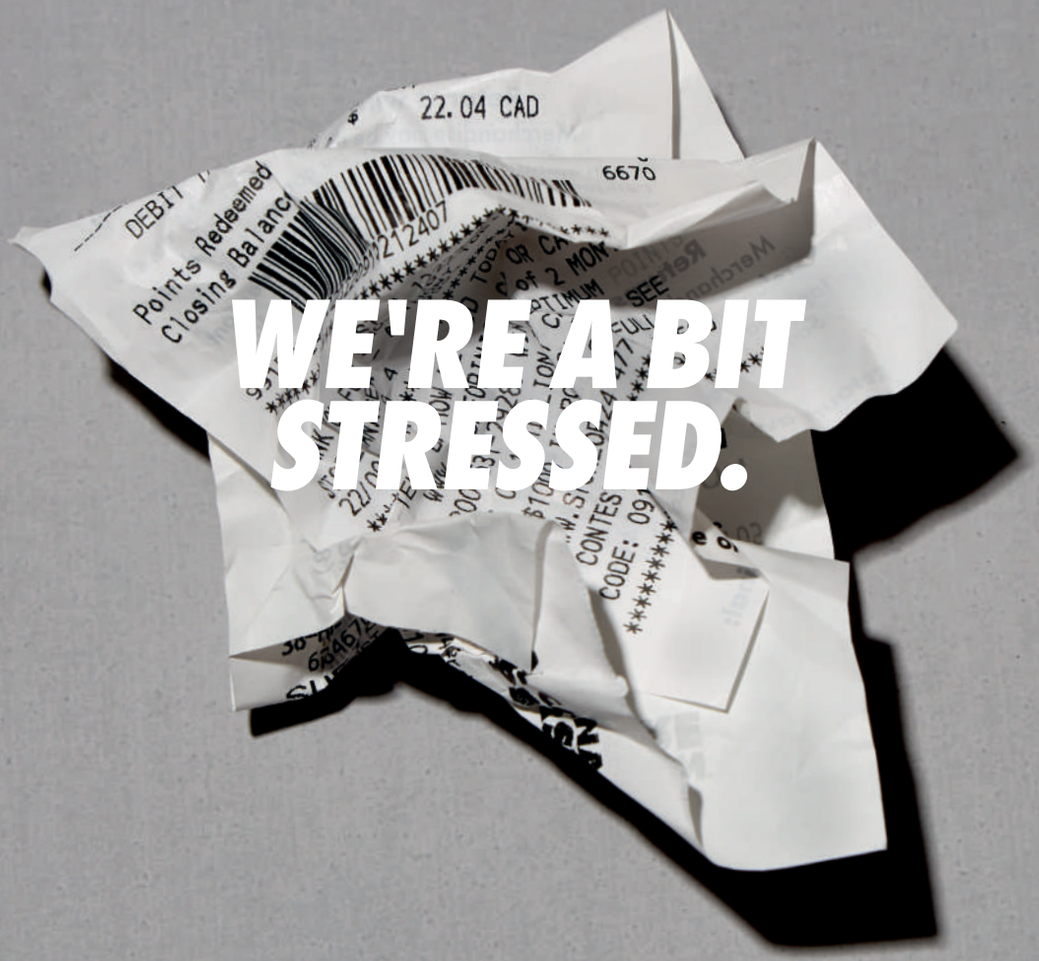
73% believe it's important to learn about shared history from an Indigenous perspective, including the impacts of residential schools and intergenerational trauma, a *decrease* from **78%** in 2021.

73% think racism towards Black, Indigenous and racialized people exists, a *decrease* from **77%** in 2021, and **82%** in 2020.

41% think racism is growing, a *decrease* from **47%** in 2021.

EVEN THOUGH MANY RACIALIZED CALGARIANS STILL STRUGGLE TO FEEL SAFE AND COMFORTABLE.

Almost **75%** of racialized members of our community have felt uncomfortable or out of place due to their religion, ethnicity, skin colour, culture, language, accent, gender or sexual orientation.



WE'RE A BIT STRESSED.

YOUNGER CALGARIANS ARE MORE STRESSED.

CALGARIANS FEELING STRESSED	30%
18-24 YEARS OLD	38%
65+ YEARS OLD	13%

WE DON'T HAVE ACCESS TO THE SUPPORT WE NEED.

CALGARIANS WHO DON'T HAVE ACCESS TO CULTURALLY APPROPRIATE HEALTH AND WELLBEING SERVICES	36%
CALGARIANS WHO DON'T HAVE ACCESS TO ADDICTION SERVICES/SUPPORTS	43%
CALGARIANS WHO DON'T HAVE MENTAL HEALTH SERVICES/SUPPORTS THROUGH THEIR EMPLOYER	42%

BUT OVERALL, POST-PANDEMIC, OUR MENTAL AND PHYSICAL HEALTH IS TRENDING UPWARDS.

CALGARIANS WHO RATE THEIR MENTAL HEALTH AS GOOD/EXCELLENT	54%
2021	51%

****

CALGARIANS WHO RATE THEIR PHYSICAL HEALTH AS GOOD/EXCELLENT	57%
2021	55%

Despite our challenges, there are still many reasons to be hopeful.

ON THE BR

MOST OF US STILL THINK CALGARY IS A GREAT PLACE TO LIVE.

85% of Calgarians aged 18-24 believe Calgary is a good place for young people to live.

89% of Calgarians aged 25-44 believe Calgary is a good place for families to live.

LIFE IS GOOD INSIDE & OUTSIDE OF WORK.

50% rate their school and/or work life balance as good/excellent.

83% can access recreational and leisure activities.

AND MORE OF US ARE PLANNING ON STAYING HERE FOR THE LONG HAUL.

40% of 18-24 year olds plan on leaving Calgary in 2022, a *drop* from **60%** in 2021.

74% of Calgarians don't foresee moving out of Calgary in the near future.

THE ARTS ARE BECOMING MORE AFFORDABLE.

52% rate affordability of arts programs/events as good/excellent, *up* from **44%** in 2021, and **38%** in 2020.

63% rate the availability of arts programs/events as good/excellent, *up* from **56%** in 2021, and **50%** in 2020.

THERE IS GROWING OPTIMISM ABOUT OUR ECONOMIC FUTURE.

14% optimistic in 2020, **41%** optimistic in 2021, **48%** optimistic in 2022.

WE CHERISH OUR ENVIRONMENT AND WANT TO PROTECT IT.

82% appreciate Calgary's green spaces/parks.

65% are concerned about climate change.

73% of 18-24 year olds are concerned about climate change.

IGHT SIDE!

DEMOGRAPHICS OF SURVEY PARTICIPANTS

SURVEY METHODOLOGY

The 2022 report is based on the survey responses of 1,000 Calgarians. To ensure an accurate representation of the population, survey respondents were randomly selected based on demographic quotas. For comparative purposes, a probability sample of 1,000 results in a margin of error of +/- 3.10%, 19 times out of 20.

AGE

18-24	12%
25-34	21%
35-44	20%
45-54	18%
55-64	15%
65+	14%

GENDER

Female	50%
Male	49%
Non-binary, Transgender, Intersex, Two-spirit	01%

QUADRANT

North West	31%
North East	17%
South West	25%
South East	19%
Other	09%

EMPLOYMENT

Employed full-time	51%
Employed part-time	12%
Contract/Freelance/Consultant	03%
Unemployed	09%
Other – Student/Retired/Homemaker etc.	24%

RACIAL IDENTITY

Consider themselves part of a racialized community

Yes	25%
No	75%

ABOUT CALGARY FOUNDATION

Each year, Calgary Foundation flows millions of dollars to every corner of our city, supporting causes as myriad as our population. As those funds spread, our hope is that they bring something else with them—the knowledge that a city is a profound thing to share.

2022 CALGARY FOUNDATION STATS

Asset Base	$1.3 billion
New Contributions	$37 million
New Funds	54
Total Granted	$61.7 million
Number of Organizations Granted to	1,149

2022–2022 BOARD OF DIRECTORS

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Eva Friesen	President & CEO

2022 CALGARY'S QUALITY OF LIFE REPORT

Project Management	Calgary Foundation
Survey	DDL Analytics, Inc.
Concept and Design	Daughter Creative
Printing	Colour & Style Printing

CALGARYFOUNDATION.ORG
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